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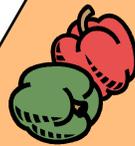
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Nutrition



**Track
Training**



Arizona Department of Education



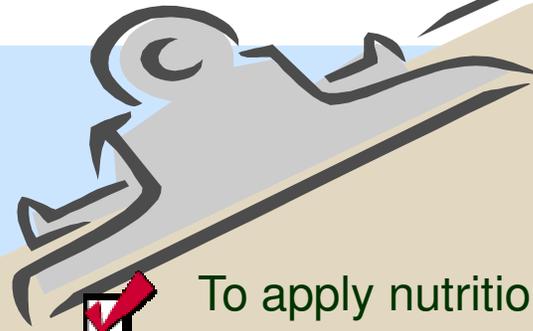
Welcome

Housekeeping

- Parking
- Breaks
- Restrooms
- Food/vending
- Cell phones



Objectives



To apply nutrition concepts to menu planning



To understand the current infant, child, & adult meal patterns

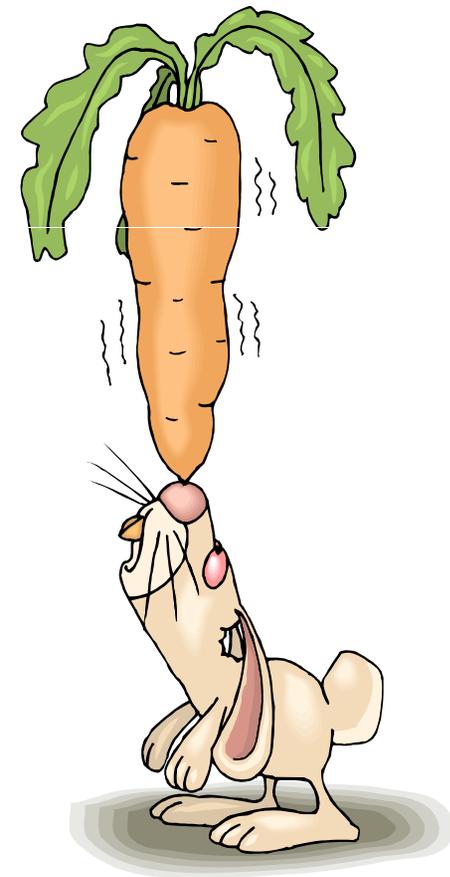


To assist Sponsors in creating a healthy environment by developing and applying CACFP nutrition policies in centers



What is Nutrition?

- Nutrition is a healthy **BALANCE** of.....
 - Carbohydrates
 - Protein
 - Fat
 - Vitamins
 - Minerals
 - Water



Carbohydrates

- Which food groups supply carbohydrates?

- Grains
- Fruits
- Vegetables
- Milk



- Carbohydrates supply energy in the form of glucose, the brain's preferred energy source

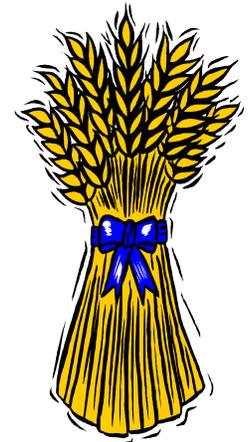
- Fiber = non-digestible carbohydrate

- Whole grains provide greater amount of fiber



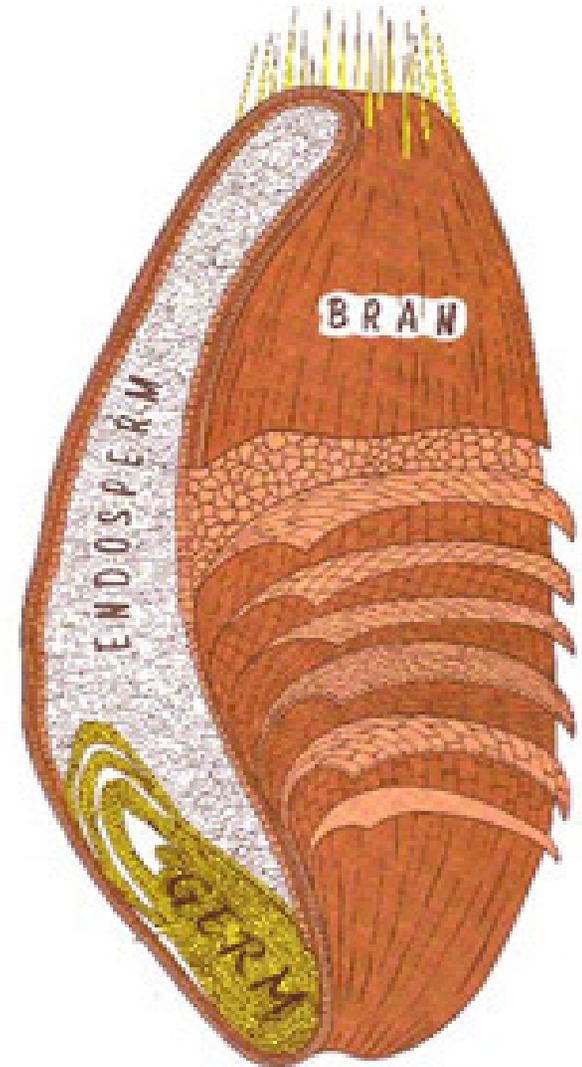
Carbohydrates

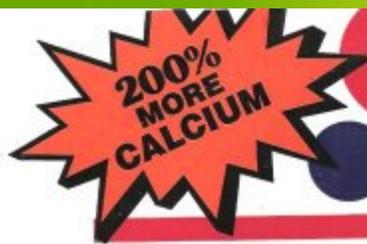
- Grain and bread items must be enriched or whole grain
- CACFP recommends that whole grain products are served at least 3 times per week
- Bread: white vs. wheat
 - First word on ingredient label is “enriched”
 - No nutritional difference
 - Caramel coloring + white bread = wheat bread
- Bread: whole grain
 - First word on ingredient label is “whole”
 - Contains more fiber, antioxidants (Vitamin E), iron, magnesium, zinc, and B vitamins



A Wheat Kernel

The endosperm is about 83% of the wheat kernel. It is used to make white flour. To make whole wheat flour, the endosperm is combined with the bran and the germ.





WONDER®

NET WT. 1 LB. 8 OZ. (680g) CALCIUM FORTIFIED ENRICHED BREAD
 CONTAINS 200% MORE CALCIUM (10% MORE DAILY VALUE) THAN ENRICHED BREAD

THIN SANDWICH

Nutrition Facts

Serving Size 1 Slice (26g)
 Servings Per Container 26

Calories 70
 Calories from Fat 10

Amount/Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Vitamin A 0%	• Vitamin C 0%
Thiamine 8%	• Riboflavin 4%

Amount/Serving	%Daily Value*
Sodium 140mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0.5g	2%
Sugars 2g	
Protein 2g	

• Calcium 6% • Iron 4%
 • Niacin 6% • Folate 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

A 26g serving of enriched bread contains 21mg of calcium; Wonder calcium fortified enriched bread contains 78mg of calcium.

F101C2426

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, BARLEY MALT, FERROUS SULFATE (IRON), "B" VITAMINS (NIACIN, THIAMINE MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID)), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST. CONTAINS 2% OR LESS OF: SALT, SOYBEAN OIL, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM DIOXIDE, CALCIUM IODATE), CALCIUM SULFATE*, MONO AND DIGLYCERIDES, DATEM, SOY FLOUR, DIAMMONIUM PHOSPHATE, DICALCIUM PHOSPHATE, YEAST NUTRIENT (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, ENZYMES, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), SOY FIBER, GUAR GUM, CELLULOSE GUM. *INGREDIENT IN EXCESS OF AMOUNT PRESENT IN REGULAR ENRICHED WHITE BREAD.

111107

LOW IN FAT
 MADE WITH 100% VEGETABLE OIL
 SEE SIDE PANEL
 FOR NUTRITION
 INFORMATION

WONDER.

SOFT
100%
WholeWheat

BREAD

Nutrition Facts

Serving Size: 2 slices (43g)
 Servings per container: 10

Calories 110
 Calories from Fat 20

Amount/Serving	%Daily Value**	Amount/Serving	%Daily Value**
Total Fat 2g	3%	Sodium 180mg	8%
Saturated Fat 0g	0%	Total Carbohydrate 18g	6%
Polyunsaturated Fat 0.5g		Dietary Fiber 3g	12%
Monounsaturated Fat 0.5g		Sugars 1g	
Cholesterol 0mg	0%	Protein 5g	
Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 6%
Thiamine 6%	• Riboflavin 4%	• Niacin 8%	• Folate 4%

*Contains less than 2 percent of the daily value for these nutrients.

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending upon your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MADE WITH WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, MOLASSES, YEAST, MONO AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM IODATE, CALCIUM DIOXIDE), DATEM, CALCIUM SULFATE, VINEGAR, YEAST NUTRIENT (AMMONIUM SULFATE), EXTRACTS OF MALTED BARLEY AND CORN, DICALCIUM PHOSPHATE, DIAMMONIUM PHOSPHATE, CALCIUM PROPIONATE (TO RETAIN FRESHNESS).



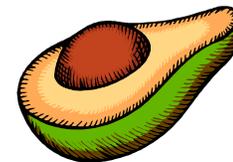
Protein

- Protein is needed for building new tissue and forming new cells
 - Muscles, enzymes, hormones, neurotransmitters, oxygen transport, blood buffering, immune function, visual processes, cell repair
- The body can also use protein as a source of energy
 - Some common sources of protein are meat, dairy products, grains



Fat

- Plays a role in numerous biological functions
- Aids in the absorption of fat-soluble vitamins (A,D,E, & K)
- Unsaturated (healthy) vs. saturated and trans (unhealthy)
 - Unsaturated: nuts, olive oil, avocado
 - Saturated: butter, red meat
 - Trans: partially hydrogenated oils
- Important source of calories and nutrients for infants and toddlers up to age 2
 - 50% of diet from fat



Purchasing Pointers

- When purchasing foods look for lean or extra lean, low-fat, or non-fat options
 - **Lean:** <10 grams of fat per serving
 - **Extra lean:** <5 grams of fat per serving
 - **Low fat:** ≤ 3 grams of fat per serving



Vitamins

- Help release energy from carbohydrates, proteins and fats
- Promote growth, reproduction and health
- Support immune system

- 2 Types:
 - Fat-soluble
 - water-soluble



Fat-Soluble Vitamins

- A, D, E, & K
- Stored in fat in body
- Found in colorful fruits and vegetables and in foods containing fats and oils.
- Children's diets often low in vitamin A
 - Serve foods high in vitamin A at least twice/week
 - Carrots, cantaloupe, sweet potatoes, spinach, red bell peppers, grapes, pumpkin,...



Water-Soluble Vitamins

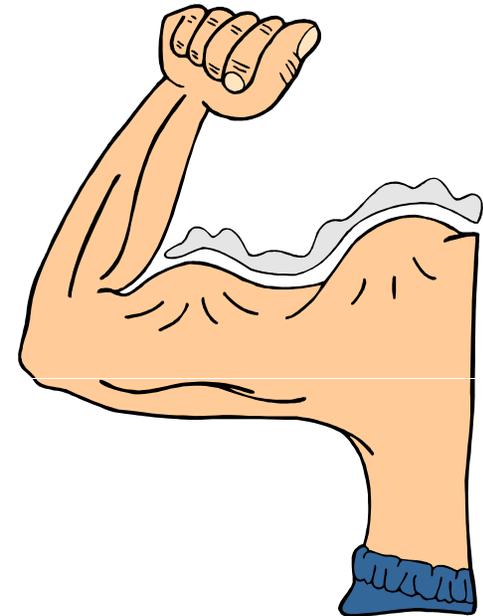
- Vitamin C and the eight B-complex vitamins
- Not stored in body so should be consumed daily
- Foods high in these vitamins should be served daily
 - Grapefruits, kiwi, mangoes, oranges, broccoli, watermelon, strawberries and tomatoes provide Vitamin C
 - Whole grain and enriched cereals and breads, milk and dairy foods, meats and green leafy veggies provide B-complex vitamins



Minerals

Vital for...

- Growth of teeth and bones
 - Muscle contraction
 - Nerve reaction
 - Blood clotting
-
- Calcium, iron, magnesium, potassium,...



Water

- Carries nutrients and oxygen
- Removes waste products
- Regulates body temperature
- Maintains blood volume
- Children get busy playing and forget to drink water
 - Plan water breaks



Portion Awareness

- Studies show that the more food put in front of people, the more they eat
- Use measuring cups when serving meals
 - Children learn portion control
 - Children may have seconds IF still hungry

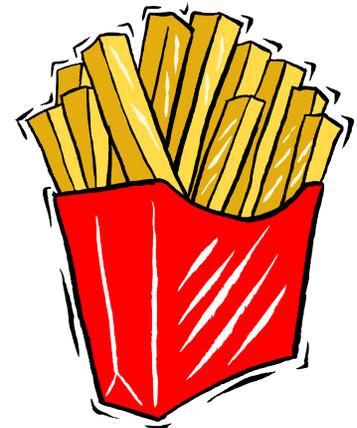
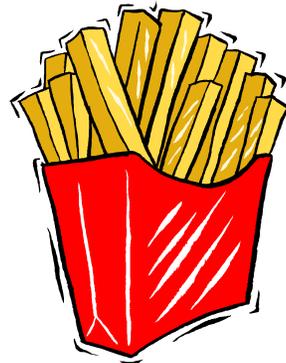
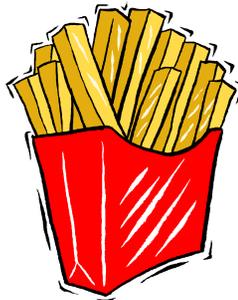
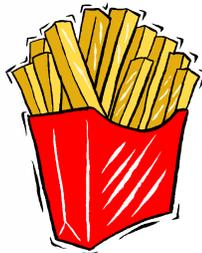


Serving Sizes

- What is normal?

- Flour tortilla
- Macaroni & cheese
- English muffin
- Banana
- Corn
- Chocolate chip cookie

- Graham crackers
- Animal crackers
- Peanut butter
- Cup sizes
- Bagel ("American" size is 4 oz.)



Food Guide Pyramid

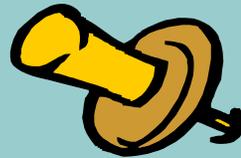
- A visual representation of the Dietary Guidelines
 - Illustrates serving sizes and portion control
- Developed as an educational tool to help Americans select healthful diets
- Revised Jan. 2005 to include physical activity



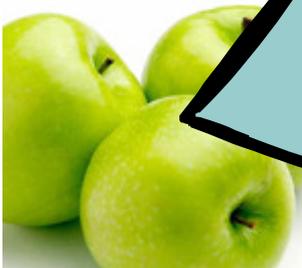
➤ MyPyramid.gov



Dietary Guidelines



- ✓ Published jointly by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services
- ✓ Revised every 5 years to account for the most recent information about diet trends and the latest nutrition research
- ✓ Designed for healthy Americans age 2 and older



Creditable Foods

- Foods that may be counted toward meeting the requirements for a reimbursable meal
- Based on:
 - Nutrient content
 - Customary function in a meal
 - Regulations governing the Child Nutrition Programs
 - FDA Standards of Identity
 - USDA Standard for Meat and Meat Products
 - Administrative policy decisions on the crediting of particular foods



Non-Creditable Foods

- Foods that **cannot** be counted toward the meal pattern requirements.
 - May be served during the meal/snack as “extras”
- Common non-creditable foods:
 - Bacon
 - Tofu
 - Jello
 - Potato chips
 - Fruit roll-ups
 - Beef jerky



Creditable Foods & Simplified Buying Guide

- Lists creditable & non-creditable foods
- Answers common questions
- Assists with meal planning and production worksheets
- Specifies portion requirements
- ADE Creditable Food & Simplified Buying Guide
 - <http://www.ade.az.gov/health-safety/cnp/cacfp/child/Interest.asp>
- USDA Food Buying Guide
 - <http://schoolmeals.nal.usda.gov/FBG/buyingguide.html>



Scavenger Hunt

Activity 1



Meal Pattern Requirements

- Infants
 - birth through 3 months
 - 4-7 months
 - 8-11 months
- Children
 - ages 1-2 years
 - ages 3-5 years
 - ages 6-12 years



Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Breakfast</u>			
Milk, fluid	½ cup	¾ cup	1 cup
Vegetable, fruit, or 100% juice	¼ cup	½ cup	½ cup
Grains/bread (whole grain or enriched) or cornbread, rolls, muffins, or biscuits or cold dry cereal or cooked cereal, pasta noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ½ cup ½ cup

Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Lunch or Supper</u>			
Milk, fluid	½ cup	¾ cup	1 cup
Vegetable and/or fruit, or 100% juice	¼ cup total	½ cup total	¾ cup total
Grains/bread (whole grain or enriched)	½ slice	½ slice	1 slice
or cornbread, rolls, or biscuits	½ serving	½ serving	½ serving
or cooked cereal, pasta, noodle products, or cereal grains	¼ cup	¼ cup	½ cup
Meat or meat alternates			
Lean meat, fish or poultry	1 ounce	1-1/2 ounce	2 ounces
or cheese	1 ounce	1-1 1/2 ounce	1-1 1/2 ounces
or cottage cheese, cheese spread, cheese food	2 ounces or ¼ cup	3 ounces or 3/8 c	4 ounces or ½ cup
or egg	1 egg	1 egg	1 egg
or cooked dry beans or peas	¼ cup	3/8 cup	½ cup
or yogurt (low or nonfat)	½ cup	¾ cup	1 cup
or peanut butter, soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
or peanuts, soy nuts, tree nuts or seeds	½ ounce	¾ ounce	1 ounce
or an equivalent quantity of any combination of the above meat/meat alternates	1 ounce	1-1 1/2 ounces	2 ounces

Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Snack (select 2 of the 4 components)</u>			
Milk, fluid	½ cup	½ cup	1 cup
Vegetable, fruit or 100% juice	½ cup	½ cup	¾ cup
Grains/breads (whole grain or enriched)			
Bread	½ slice	½ slice	1 slice
or cornbread, rolls, muffins, or biscuits	½ serving	½ serving	1 serving
or cold dry cereal	¼ cup or 1/3 oz	1/3 cup or ½ oz	¾ cup or 1 oz
or cooked cereal, pasta, noodle products, or cereal grains	¼ cup	¼ cup	½ cup
Meat or meat alternates			
Lean meat, fish or poultry	½ ounce	½ ounce	1 ounce
or cheese	½ ounce	½ ounce	1 ounce
or egg or yogurt	½ egg or ¼ cup	½ egg or ¼ cup	1 egg or ½ cup
or cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup
or peanut butter, soy nut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons
or peanuts, soy nuts, tree nuts or seeds	½ ounce	½ ounce	1 ounce
or an equivalent quantity of any combination of the above meat/meat alternates	½ ounce	½ ounce	1 ounce

High Sugar/High Fat Items

- No more than two high-sugar items per week
 - Per menu, not per meal
 - Served only during breakfast and snack
- No more than two high-fat items per week
 - Per menu, not per meal
 - Limit does not include high-quality items such as cheese and peanut butter
 - High-fat meats and vegetable items may be served during lunch & supper



Menu Resources

- High sugar/fat list
- Online Nutrition Calculator
 - www.ade.az.gov/cacfpnutritioncalculator
 - The nutrition calculator is designed to help sponsors calculate if the amount of sugar or fat in a meal is within CACFP guidelines



Arizona CACFP Nutrition Calculator - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites

Address <http://www.ade.az.gov/cacfpnutritioncalculator/default.aspx> Go Links

Google G Go Bookmarks 12 blocked Check AutoLink Settings

Employment Opportunities
Contact ADE
About ADE
Charter Schools
County Agencies
Non-Discrimination Guideline
A-Z Services

information you have available.

- Enter the requested information in the spaces provided.
- Read the disclaimer and check the box if you agree.
- Finally, click the Evaluate button to see the results.



Test Type

What type of test do you need to perform?
High Sugar

- Use the "High Sugar" test if you know the "Sugar per Serving" and "Serving Size" information.
- Use the "High Fat" test if you know the "Calories from Fat" per serving and the "Calories per Serving" information.
- Use the "High Fat (no Calories from Fat)" test if you know the "Total Fat" and the "Calories per Serving" information.

start | Internet | 12:58 PM



Test for "High Sugar"

Serving Size (g):

Sugar per Serving (g):

Nutrition Facts			
Serving Size 1 cup (30g)			
Children Under 4 ¼ cup (20g)			
Servings Per Container about 19			
Children Under 4 about 28			
Amount Per Serving	Cereal	with 1/2 cup skim milk	Cereal for Children Under 4
Calories	110	150	70
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 210mg	9%	12%	140mg
Potassium 200mg	6%	12%	130mg
Total Carbohydrate 22g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 18g			12g
Protein 3g			2g

Other Carbohydrate	18g	12g
Protein	3g	2g

Disclaimer

I have read and agree with the following:

I hereby certify that I am responsible for the accurate input of information to determine if a product meets the Arizona CACFP Nutrition Standards. I understand that the Arizona Department of Education does not collect or maintain any information submitted or entered into the Arizona CACFP Nutrition Calculator.

I agree the Arizona Department of Education is not responsible for the inaccurate input of information into the Arizona CACFP Nutrition Calculator by its users. I am solely responsible for the information and the results generated by my input into the Arizona CACFP Nutrition Calculator. I understand I may not modify or alter the information provided by the Arizona CACFP Nutrition Calculator.

[Evaluate](#) [Reset](#)

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This page was last updated 2/14/2007 8:07:20 AM



Results

Your item contains 3.3% Sugar which is within CACFP guidelines.

Disclaimer

I have read and agree with the following:

I hereby certify that I am responsible for the accurate input of information to determine if a product meets the Arizona CACFP Nutrition Standards. I understand that the Arizona Department of Education does not collect or maintain any information submitted or entered into the Arizona CACFP Nutrition Calculator.

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Evaluate Reset

High-Sugar Items

Greater than 35% total sugar by weight



- Cookies
- Brownies
- Toaster Pastries
- Donuts
- Cake/Cupcakes
- Pop Tarts
- Granola Bars
- Cinnamon Rolls
- Gelatin/Jell-O
- Rice Krispy Treats
- Cereal Bars
- High Sugar Breakfast Cereals
- Quick Breads
- Muffins
- Vanilla Wafers
- Custard/Pudding
- Iced Animal Crackers
- Syrup
- Jam/Jelly
- Honey
- Danish
- Flavored Milk
- Added Sugar to Breakfast Cereals

Menu

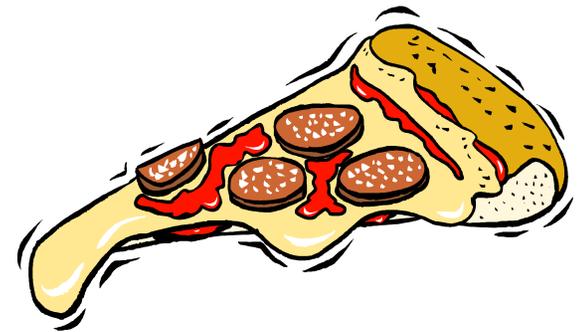
- Syrup
 - Considered a high sugar
 - If it is not on the menu, ADE will verify through receipts and food storage that it is not being served
 - If syrup is found, those menu items will be counted as high sugar
 - Syrup Alternatives:
 - Yogurt, applesauce, fruit, peanut butter, frozen berry blend



Low Quality - High Fat Items

Greater than 35% of total calories from fat

- Corn Dogs
- Hot Dogs
- Sausage/Bacon
- Salami/Pepperoni
- Tater Tots
- French Fries
 - Oven-baked, homemade potato wedges are not high fat
- Margarine/Butter
- Full-fat Cream Cheese, Sour Cream, Mayonnaise, Tarter Sauce, Dressing, and Dipping Sauces
- Chicken Nuggets/Patties/Shapes
- Fish Sticks/Nuggets/Shapes
- Hot Pockets
- Tortilla Chips/Potato Chips
- Croissants
- Bologna



CN Labels (Child Nutrition Labels)

- Voluntary label administered by USDA's Food and Nutrition Service
- Identifies the contribution the product makes toward the meal pattern requirements
- Not usually found in grocery stores, but found where food products are purchased in bulk



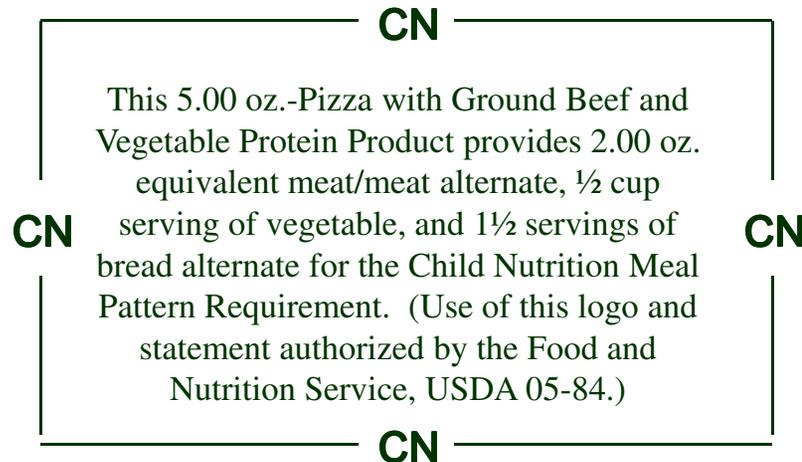
CN Labels

- Required when claiming processed foods, commercial products, or convenience foods to meet more than one component
 - It is recommended that frozen and processed entrées be served no more than once per week
- Found on meat, poultry, seafood, meat alternate, and juice products
 - Chicken patties/nuggets
 - Cheese or meat pizzas
 - Beef, cheese, or bean burritos
 - Egg rolls
 - Breaded fish sticks
 - Corn dogs



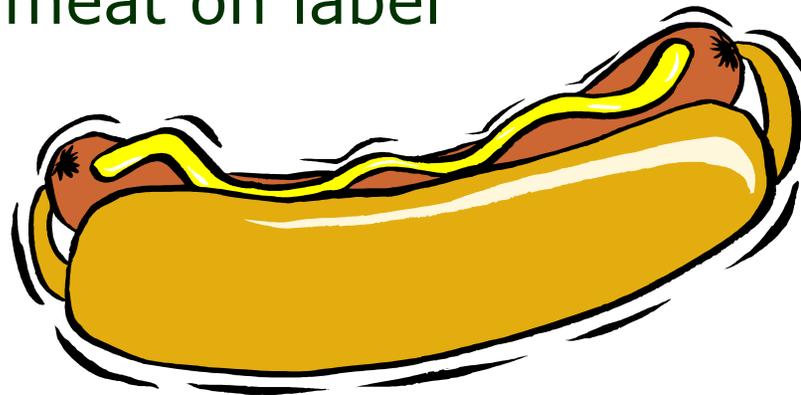
CN Labels

- CN labels will always contain:
 - CN logo (a distinct border)
 - Meal pattern contribution statement
 - 6 digit product identification number
 - USDA/FNS authorization statement
 - Month and year of approval



Creditable Hot Dogs

- Hot dogs
 - Hot dog brand **must** be listed as creditable in the Creditable Foods and Simplified Buying Guide
 - Note- Bar-S brand is NOT creditable
 - Look for 100% meat on label



Meal Pattern for 1-12 year olds

- In the same meal service, dried beans or dried peas may be used as a meat alternate **or** as a vegetable. Such use does not satisfy the requirement for both components
- No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement (one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish)
 - Same goes for peanut butter
- If raisins are served, another fruit/vegetable must be served with them
- Juice may not be served at snack when milk is served as the other component



Creditable Cheeses

- Refer to Creditable Foods and Simplified Buying Guide (p. 57)
- Natural or processed
- Cheese spread (Velveeta, Cheese Whiz) – must double portion size
- Canned cheese sauces – CN label required
- Kraft American Cheese Slices
 - Label changed from “Pasteurized Processed Cheese Food” to “Pasteurized Prepared Cheese Product”
 - “Cheese product” is not creditable



Cheese Food vs. Cheese Product



Milk



The milk component may be any fluid type of pasteurized whole, low-fat, or skim milk that is flavored or unflavored or cultured buttermilk

- Chocolate/strawberry milk counts as **high-sugar item**

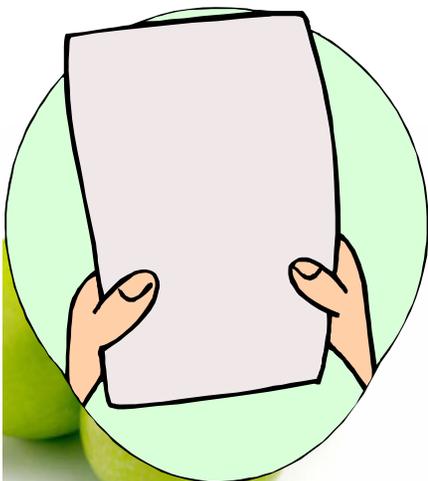


Milk **must** be served at breakfast, lunch & supper



Dietary Modifications

- USDA regulations require special meals be provided to a **disabled** child whose condition requires special medical foods, food substitutions, or textural modifications



- Documentation regarding child's disability and modifications required must be provided by a **licensed physician** and maintained in files on site

Food Intolerance

- A food intolerance is an adverse food-induced reaction that does not involve the body's immune system but results in a participant not being able to consume a food item because of medical or other special dietary needs
 - Example: Lactose intolerance
- Documentation of the food or foods to be substituted must be provided by a **recognized medical authority** and maintained in files on site
 - Medical physician, registered nurse or registered dietitian



The Medical Statement Must Include:

- An identification of the medical or other special dietary condition which restricts the child's diet
- The food or foods to be omitted from the child's diet
- The food or choice of foods to be substituted



Variations in Meal Pattern for Religious Reasons

- ADE may approve variations in meal patterns to meet religious needs. If a center wants to serve meals that vary from USDA Meal Patterns, you must submit an alternate meal pattern with justification for approval
 - Current approved meal pattern exemptions for Jewish Schools, Institutions and Sponsors may be downloaded at:
http://healthymeals.nal.usda.gov/hsmrs/SpecialDiets_jewish_for_print.htm
 - Current meal pattern exemptions for and Seventh Day Adventist Schools, Institutions and Sponsors may be downloaded at:
http://healthymeals.nal.usda.gov/hsmrs/SpecialDiets_adventist_for_print.htm



Substitutions Within the Meal Pattern

- Substitutions that can be made without deviating from the meal pattern may be made at any time and do not require a recognized medical authority's statement
- Resources:
 - The ADE "Form for Medical Statement" is available on the ADE CACFP website at: <http://www.ade.az.gov/health-safety/cnp/cacfp/Forms/FY2007/>
 - The USDA manual "Accommodating Children with Special Dietary Needs in the School Nutrition Programs" available on the Food and Nutrition Service website at: http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf



Menu Planning

- Consider color



Chicken breast, broccoli, rice, strawberries, milk

OR



Fish, cauliflower, rice, applesauce, milk

Menu Planning

- Consider texture

PB sandwich, string cheese, apples, celery, milk
(soft) (chewy) (crispy) (crunchy)

OR

Turkey sandwich, pears, mashed potatoes, milk
(soft) (soft) (soft)

- Another best practice:

- Do not offer 2 beverages at a meal

Breakfast example:

☹️ Oatmeal, 100% orange juice, milk

☺️ Oatmeal, orange slices, milk



Menu Planning

- Consider nutrients
 - Balance protein, fat, & carbohydrates
 - Avoid too many high carbohydrate/starchy foods
 - Macaroni & cheese
 - Peas
 - Pears
 - Bread
 - Milk



Menu Planning

- Consider variety

- If using a cycle menu, then CACFP requires it to be a least a four-week cycle menu
 - Entrees should not repeat in a four-week cycle
- It is recommended that crackers be limited to once per week
 - Alternatives to crackers are: Pita bread, tortillas, English muffin, bagel, bread stick
- It is recommended that one fruit and one vegetable be served at lunch and supper
- It is recommended that fresh fruit be served at least five times per week
- It is recommended that five different vegetables be served each week, at least three of which are fresh
- <http://www.ade.az.gov/health-safety/cnp/cacfp/5-WeekCycleMenu/>



Homemade Items

- Homemade items are those that are physically made from a recipe
- Homemade items are not convenience foods that you bake in the oven
- Homemade items must be noted as such on menus



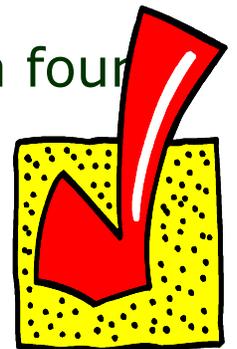
Menu Disclaimers

- Must include Civil Rights non-discrimination statement
 - “This institution is an equal opportunity provider.”
- Must include 100% juice disclaimer or list all juice served as 100% juice
 - ADE recommends that juice be served only twice per week
 - Best practice to serve juice at snack time only



Menu Checklist

- Are the required meal pattern components met?
- Do menus list all meal components?
 - “Mexican casserole” is NOT specific.
- Do meals offer a variety of textures? colors? nutrients?
- Are high-sugar items limited to no more than twice per week? Served only at breakfast and snack?
- Are high-fat items limited to no more than twice per week?
- Are CN labels available for commercial products being claimed as more than one component?
- Is juice served no more than twice per week?
- Is the same entrée served more than once in a four week cycle?
- Are new foods introduced?
- Menus must be posted in public view



Outstanding Menu Criteria

- Serve the same entrée no more than once in a four week cycle
- Limit prepared/frozen entrees to no more than once per week
- Limit high sugar/fat to no more than twice per week
- Limit high sugar items to breakfast and snack
- Limit crackers to once per week
- Serve whole grain foods at least three times per week
- Limit juice to no more than twice per week
- Include one fruit and one vegetable with all lunches and suppers
- Offer fresh fruit at least five times per week
- Offer fresh vegetables at least three times per week
- Serve at least five different vegetables per week
- Offer Vitamin A rich food at least twice per week
- Offer Vitamin C rich food daily



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	Cheerios	Pancakes	Mini bagel	Oatmeal	WW English muffin
Fruit/Veggie	Sliced bananas	Strawberries	Orange slices	Applesauce/raisins	Cantaloupe
Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Mac 'n Cheese	Bean Burrito	Spaghetti/Meat Sauce	Soup & Grilled Cheese Sandwich	Chicken Soft Tacos
Grain/Bread	Macaroni	Flour tortilla	Spaghetti	Bread	Corn tortilla
Meat/Meat Alternate	Cheese	Beans/cheese	Ground beef	Cheese	Chicken/cheese
Fruit/Veggie #1	Carrots	Lettuce/tomato	Tomato sauce	Tomato soup	Pinto beans/ lettuce/tomato
Fruit/Veggie #2	Apple wedges	Peaches	Melon cubes	Pears	Fruit salad
Milk	Milk	Milk	Milk	Milk	Milk
AM Snack	Yogurt	String cheese	Apple wedges	Pineapple chunks	Cornbread
Select 2 components	Berry blend	Wheat Thins	Peanut butter	Cheese cubes	Apple slices
PM Snack	Bread sticks	HM Potato wedges	Pita bread chips	Flour tortilla	Baked potato half
Select 2 components	Pizza sauce	Cheese	Refried beans	Cheese/salsa	Chili Beans



Menu Review

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Oatmeal Blueberries Milk	Bagel w/ Jelly Strawberries Milk	Pancakes Cottage Cheese Milk	Whole Wheat English muffin Orange Juice Milk
AM Snack	Cheese-Its 100% Apple Juice	Carrot Muffins Orange Juice	Bananas Peanut Butter	Chocolate Chip Cookies Milk	Carrot Sticks Cucumbers
Lunch	PBJ Sandwich Green beans Fruit cocktail Milk	Mac & Cheese Corn Pears Milk	Chicken Nuggets Mixed Veggies Grapes Milk	Burrito Lettuce Tomato Plums Milk	Spaghetti Meat sauce Broccoli Peaches Milk

All juices served are 100% full strength fruit juices.
 This institution is an equal opportunity provider and employer.

Production Worksheets

- Allow center staff to plan a menu, calculate the number of servings needed for each food item, and compile a shopping list
- Must be completed for every meal claimed for reimbursement
 - Should be done two weeks in advance
- Not required for infant meals



Step 1: Write date that meals will be served

BREAKFAST

Date 1-25-08



Step 2: List number of children or adults (including staff) who will be eating the meal

Number Planned For:

Age 1 up to 2	Age 3 up to 5	Age 6 up to 12 + Adult
4	8	10



Step 3: Plan menu to meet the meal pattern

MENU: VEGETABLE/
FRUIT

Bananas

GRAINS/BREADS

Wheaties

MILK

Whole/1% Milk



Step 4: Calculate the total number of servings

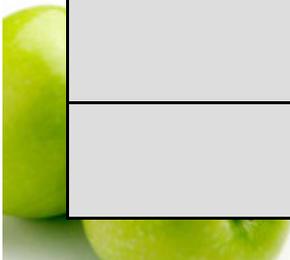
- list number of people in each age group
- multiply by the factor
- add up amounts and write total in “No. of Servings” column

Component Requirements	FOOD ITEMS		No. of Servings
	Age	Factor	
VEGETABLES AND/OR FRUITS	1-2 $\frac{4}{}$ x 1= $\frac{4}{}$ +		¼ c.
	3-5 $\frac{8}{}$ x 2= $\frac{16}{}$ +		
	6-Adt $\frac{10}{}$ x 2= $\frac{20}{}$ + =		
	Banana		40
GRAIN/BREADS	1-2 $\frac{4}{}$ x 1= $\frac{4}{}$ +		½ sl.
	3-5 $\frac{8}{}$ x 1= $\frac{8}{}$ +		
	6-Adt $\frac{10}{}$ x 2= $\frac{20}{}$ + =		
	Wheaties		32
FLUID MILK	1-2 $\frac{4}{}$ x 1= $\frac{4}{}$ +		½ c.
	3-5 $\frac{8}{}$ x 1.5= $\frac{12}{}$ +		
	6-Adt $\frac{10}{}$ x 2= $\frac{20}{}$ + =		
	Whole Milk		4
	1% Milk		32



Step 5: Use Buying Guide to determine "Market Unit" and "Amount Needed" for the total servings of each food

Component Requirements	FOOD ITEMS Age Factor	No. of Servings	Market Unit	Amount Needed
VEGETABLES AND/OR FRUITS	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 2= <u> 16 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	¼ c.		
	Bananas	40	pound	4.94
GRAIN/BREADS	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 1= <u> 8 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	½ sl.		
	Wheaties	32	pound	1.00
FLUID MILK	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 1.5= <u> 12 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	½ c.		
	Whole Milk	4	½ gallon	0.25
	1% Milk	32	gallon	1.00



Step 6: List the "Amount to Purchase"

Component Requirements	FOOD ITEMS Age Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 2= <u> 16 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	¼ c.			
	Bananas	40	pound	4.94	5
GRAIN/BREADS	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 1= <u> 8 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	½ sl.			
	Wheaties	32	pound	1.00	1
FLUID MILK	1-2 <u> 4 </u> x 1= <u> 4 </u> + 3-5 <u> 8 </u> x 1.5= <u> 12 </u> + 6-Adt <u> 10 </u> x 2= <u> 20 </u> + =	½ c.			
	Whole Milk	4	½ gallon	0.25	1
	1% Milk	32	gallon	1.00	1



Menu Production Worksheets

Activity 3



Food Safety & Sanitation

- Recent food scares such as *E. coli* have heightened interest in food traceability. The capability of tracing the origin of food increases the possibility of legal remedy and compensation in the case of a food safety incident
 - FDA Recalls for the last 60 days may be reviewed at:
<http://www.fda.gov/opacom/7alerts.html>



Food Safety & Sanitation

- The very best defense in the case of a food borne illness complaint is a documented food temperature log of potentially hazardous foods
 - Use thermometers to check food temperatures during hot and cold holding
 - Clean and sanitize the thermometer between uses
 - Record the time and temperatures on the Food Temperature Log
- The 2005 FDA Food Code requires that:
 - Cold food must be kept at or below 40°F until served
 - Hot food must be kept at or above 140°F until served
- **Thermometers must be in both the refrigerator and freezer**
- All stored foods must be sealed, labeled, and dated
 - Includes all item not in original containers



Food Safety & Sanitation

- Canned fruits and vegetables with “bubbles” on top are fermented and should be discarded
- Dented or bulging cans may contain botulism
- Do not prepare raw fruits or vegetables on a cutting board used to cut meat, poultry, or fish without thoroughly washing and sanitizing the board
 - cross-contamination



Required Food Safety Certifications

- Each county in Arizona sets its own requirements for food safety certifications. Ensure your center is in compliance

- Food Safety Manager

- Food Handlers Card

- According to the Maricopa Environmental Services Department, any person who handles, prepares, or serves food must obtain the appropriate certification



Handwashing

Staff and children **MUST** follow hand washing guidelines:

- Use sink designated only for handwashing
- Use soap and warm (100 °F) running water
- Lather hands with soap up to the elbows
- Turn off running water with a paper towel, not bare hands
- Rub hands together for 20 seconds
- Wash backs of hands, wrists, between fingers, & under fingernails
- Use a fingernail brush if necessary
- Rinse hands under warm running water
- Dry hands with paper towel or air dryer

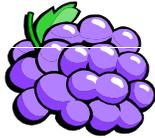


Choking Prevention

Some foods can be made safer:



- Hot dogs
 - Cut lengthwise and then into small pieces



- Whole grapes
 - Cut into quarters



- Raw carrots
 - Cook until slightly soft, then chop finely or cut into thin strips



- Peanut butter
 - Spread thinly on crackers
 - Mix with applesauce and spread thinly on bread

Meal Service Requirements

- Meal served at scheduled time
- Meal contains all required food components
- All components served together
- Correct portion sizes
- Children and staff wash hands before eating
- Meal counts recorded at point-of-service
- Meal ratio does not exceed one staff to five participants
- Family style meal service is an option



Family Style Meal Service Requirements

- Food served from bowls and/or dishes on table
 - At start of meal, all foods on table in amounts large enough to allow full portion size requirement for children & adult(s)
 - Children first offered full required portion of each food. Children can then select additional foods and amounts
 - Adults eat same food at table with children to provide supervision and guidance
- If child refuses to take food at start of meal, the adult should offer the food again during the meal
- Second meals or helpings may **not** be claimed for reimbursement

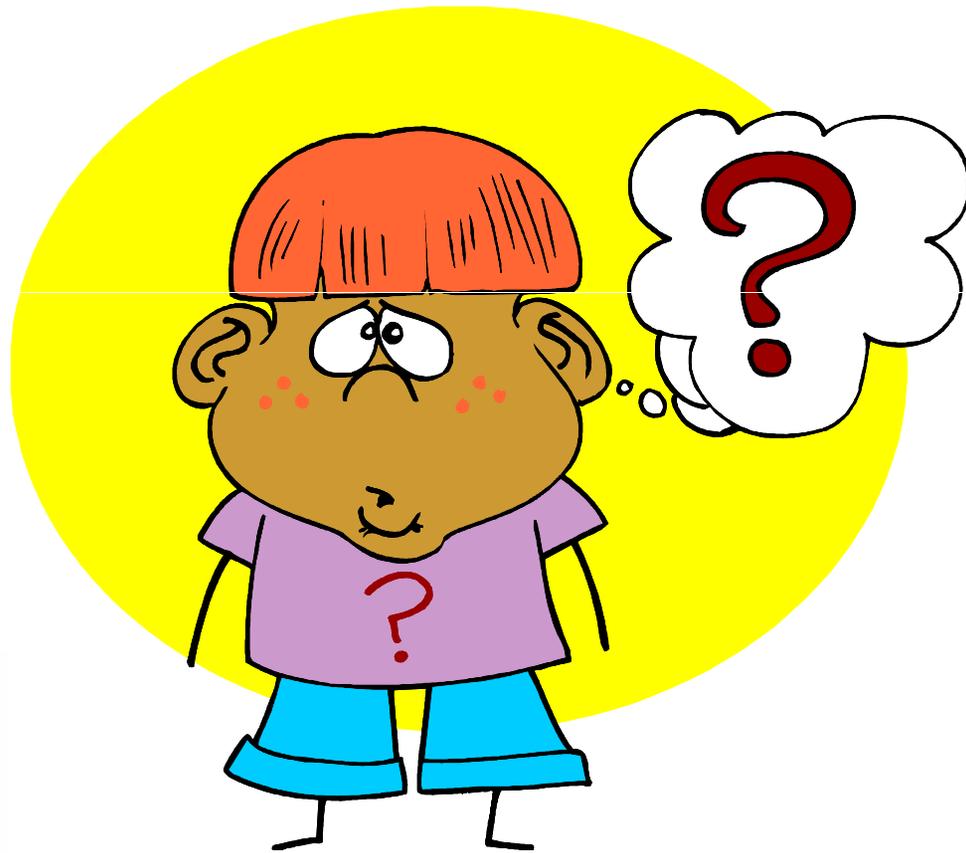


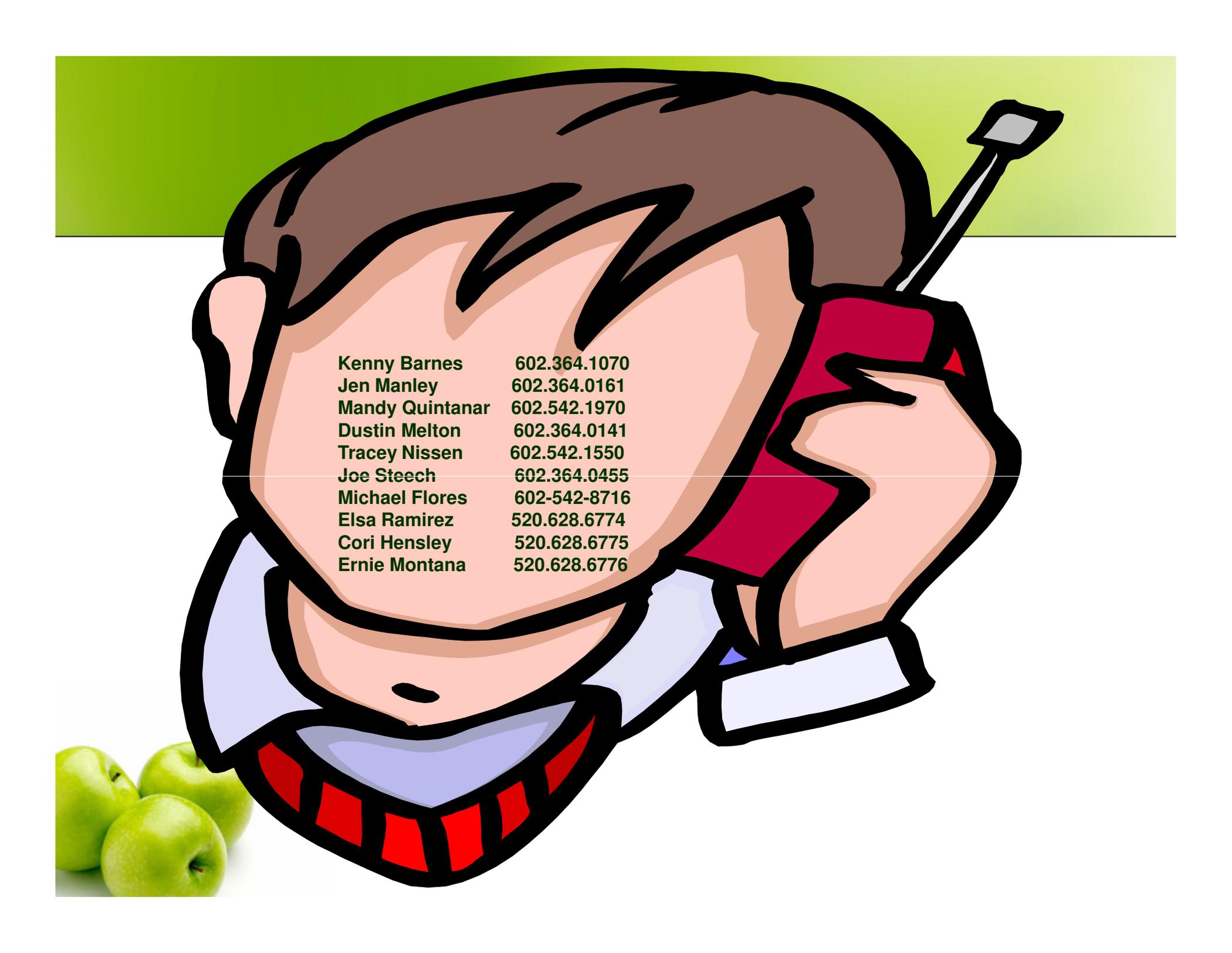
Introducing New Foods

- Introduce new foods often
 - Try having a “New Food Day.”
 - Have a “Theme Day” when all activities are related to the theme and introduce food related to that theme
- Read a book about a new food
- Get the children involved in planning and preparing new foods
- If a child accepts a new food, let them try it again soon so they become more comfortable with it



Questions





Kenny Barnes	602.364.1070
Jen Manley	602.364.0161
Mandy Quintanar	602.542.1970
Dustin Melton	602.364.0141
Tracey Nissen	602.542.1550
Joe Steech	602.364.0455
Michael Flores	602-542-8716
Elsa Ramirez	520.628.6774
Cori Hensley	520.628.6775
Ernie Montana	520.628.6776

Infants



Infant Feeding Requirements

- Child care centers must offer program meals to ALL eligible children, including infants
- The CACFP does not discriminate in any aspect of the delivery of program benefits. This includes the “inequitable allocation of Program (CACFP) benefits or services to eligible children on the basis of race, color, national origin, sex, **age** or handicap [disability].”
 - (FNS Instruction 113-4 XII A 2)



Meal Pattern for Infants

	Birth - 3 months	4 - 7 months	8 - 11 months
Breakfast	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) 	<ul style="list-style-type: none"> ● 6-8 fluid ounces breast milk or iron-fortified infant formula ● 2-4 tablespoons Iron-fortified infant cereal ● 1-4 tablespoons fruit and/or vegetable
Lunch or Supper	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) ● 0-3 tablespoons fruit and/or vegetable (optional) 	<ul style="list-style-type: none"> ● 6-8 fluid ounces breast milk or iron-fortified infant formula ● 2-4 tablespoons infant cereal and/or 1-4 tablespoons meat, fish, poultry, egg yolk, cooked dry beans, or dry peas, or ½-2 ounces cheese or 1-4 ounces cottage cheese, cheese food, or cheese spread ● 1-4 tablespoons fruit and/or vegetable
Supplement	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) 	<ul style="list-style-type: none"> ● 2-4 fluid ounces breast milk, iron-fortified infant formula, or full strength 100% fruit juice ● 0-1/2 slice bread or 0-2 crackers (optional)

Meal Pattern for Infants

- 0-3 T means the component is optional
- Portion size not listing zero as a measurement indicates that component must be offered



Iron-fortified Required

- **Formula and Infant cereal** must be iron-fortified
 - Label must state “with iron” or “iron-fortified”



Infant Feeding Records

- Infants are fed on demand
- Daily Meal Production Record for Infants
 - Check food items served
 - Specify food items where applicable
- Add up meals to be claimed and transfer to Daily Meal Count Sheet



Daily Meal Production Record for Infants

Date: _____

Completed by: _____

INSTRUCTIONS:

- Record the names of the infant(s) being served the meal
- Use a (✓) where indicated
- Record the specific kind of fruit/vegetable or meat served
- Indicate by circling specific meals/snacks that will be claimed for reimbursement
- All formula and infant cereal served must be iron fortified
- Record infant totals each day
- IFC = Infant Cereal
- ***Adopted from New Mexico CACFP form**

NAMES 0-3 months	<u>Breakfast</u>	<u>AM</u>	<u>Lunch</u>	<u>PM</u>	<u>Supper</u>
	Formula or Breast Milk 4-6 oz (✓)				

NAMES 4-7 months	<u>Breakfast</u>		<u>AM</u>	<u>Lunch</u>			<u>PM</u>	<u>Supper</u>		
	Formula or Breast Milk 4-8 oz (✓)	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)

NAMES 8-11 months	<u>Breakfast</u>			<u>AM</u>		<u>Lunch</u> *IFC and/or Meat/Alt				<u>PM</u>		<u>Supper</u> *IFC and/or Meat/Alt			
	Formula or Breast Milk 6-8 oz (✓)	IFC 2-4 T (✓)	Veg/Fr 1-4 T Specify	Formula, Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fr 1-4 T Specify	IFC 2-4 T (✓)	Meat/Alt 1-4 T ½ - 2 oz. Specify	Formula Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fr 1-4 T Specify	IFC 2-4 T (✓)	Meat/Alt 1-4 T ½ - 2 oz Specify

Daily Infant Totals: Breakfast: _____ AM: _____ Lunch: _____ PM: _____ Supper: _____

Daily Meal Production Record for Infants

Date: _____

Completed by: _____

INSTRUCTIONS:

- Record the names of the infant(s) being served the meal
- Use a (✓) where indicated
- Record the specific kind of fruit/vegetable or meat served
- Indicate by circling specific meals/snacks that will be claimed for reimbursement
- All formula and infant cereal served must be iron fortified
- Record infant totals each day
- IFC = Infant Cereal
- ***Adopted from New Mexico CACFP form**

NAMES 0-3 months	<u>Breakfast</u>	<u>AM</u>	<u>Lunch</u>	<u>PM</u>	<u>Supper</u>
	Formula or Breast Milk 4-6 oz (✓)				
Sarah H.	✓	✓	✓		
John B.	✓		✓	✓	

NAMES 4-7 months	<u>Breakfast</u>		<u>AM</u>	<u>Lunch</u>			<u>PM</u>	<u>Supper</u>		
	Formula or Breast Milk 4-8 oz (✓)	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)
Jason L.	✓		✓	✓						
Adam S.	✓	✓	✓	✓	Green beans	✓				

NAMES 8-11 months	<u>Breakfast</u>			<u>AM</u>		<u>Lunch</u> *IFC and/or Meat/Alt				<u>PM</u>		<u>Supper</u> *IFC and/or Meat/Alt			
	Formula or Breast Milk 6-8 oz (✓)	IFC 2-4 T (✓)	Veg/Fr 1-4 T Specify	Formula, Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fr 1-4 T Specify	IFC 2-4 T (✓)	Meat/Alt 1-4 T ½ - 2 oz. Specify	Formula Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fr 1-4 T Specify	IFC 2-4 T (✓)	Meat/Alt 1-4 T ½ - 2 oz Specify
David T.				✓	✓	✓	Carrots	✓		✓	✓				
Mark C.	✓	✓	Pchs	✓	Peas	✓	Banana		Chicken						

Daily Infant Totals: Breakfast: 5 AM: 5 Lunch: 6 PM: 2 Supper: 0

Claiming Requirements

- Centers **must purchase and offer all required meal components**
- Parent/Guardian may decline offered infant formula in writing
 - Infant Feeding Preference Form
 - Must be completed when formula or food(s) being offered by the center is declined by the parent/guardian
- If parent/guardian chooses to provide formula/breast milk, the meal is reimbursable unless the mother comes to the center to nurse (exception: she is the provider)
- Meals are NOT reimbursable if parent/guardian provides all components for 8-11 month infants – the center must provide at least one component



Commercially-Prepared Vegetables/Fruits

- Creditable:
 - Must list vegetable/fruit as first ingredient
- Non-creditable:
 - Mixed jarred foods
 - ie. chicken and carrots
 - Foods with “dessert” or “pudding” in product name listing fruit as first ingredient
 - Jarred cereals with fruit



Meat & Meat Alternates

Non-creditable:

- Meat sticks (look like miniature hot dogs)
- Commercially-prepared combination dinners
 - Difficult to determine actual amount of various food components in dinners
 - Can be served as “extras”
- Fish sticks, other breaded fish or seafood products, hot dogs, and sausage
 - Not designed by manufacturer for infant consumption
- Nuts, seeds, or nut butters



Non-creditable Foods

- Yogurt
 - Does not meet meal pattern requirements as meat alternate
- Honey
 - Contains harmful botulism spores
- Creditable Foods Guide
 - Section specifically for infants



FAQs

Q: Are meals served to a child who just turned one year old reimbursable if they contain infant formula?

A: Yes, for a period of one month. After the 13th month, a doctor's statement will be needed for formula to continue in place of fluid milk.



FAQs

Q: A parent mixes cereal and formula in a bottle and brings it to the center. Can this be claimed as a creditable formula for a meal?

A: **A doctor's statement is needed to claim formula mixed with cereal.**



FAQs

Q: If a physician prescribes whole cow's milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?

A: Yes, with a doctor's statement, the meal pattern can be adjusted.

